



ON THE NASHUA RIVER.

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THE
HIGHLAND SPRING SANATORIUM

Nashua, N. H.

ROBERT T. EDES, M. D., Medical Director and President.

[Boston Address, Warren Chambers.]

ALBERT C. THOMAS, M. D., Resident Physician and Secretary.

Consulting Physicians { DR. CHAS. P. BANCROFT, Concord, N. H.
DR. ALONZO S. WALLACE, Nashua, N. H.
DR. EUGENE F. McQUESTEN, Nashua, N. H.

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HIGHLAND SPRING SANATORIUM.



AMONG THE HILLS OF NEW HAMPSHIRE.

The Highland Spring Sanatorium.

This institution is for the reception and care of those persons of either sex who are suffering from diseases of the nervous system, whether organic or functional. Those who are likely to be benefitted by the various advanced forms of regular and systematic treatment, such as are more easily and thoroughly carried out in a small private institution than in a larger one or in a private family, neurasthenics, and those on the "border line," as well as those who seek relief from the use of narcotics, will find here the appropriate surroundings. Chronic medical cases, even not of a nervous character, will also be received; but cases of violent insanity with destructive, homicidal or suicidal tendencies, will not be admitted, since there are other institutions better adapted to their needs where a greater degree of restraint can be used if necessary; nor will strictly surgical cases be taken unless under special arrangements with the attend-

ing surgeon; and under no circumstances will persons be treated here who are known to be suffering from tuberculosis or other infectious disease.



Location.

There is a legitimate demand in this section of New England for a Sanatorium combining the seclusion of a retreat and all the comforts of home for its patrons. No more ideal situation can be found than that of the HIGHLAND SPRING SANATORIUM, located about one mile north of the City of Nashua, N. H., upon an elevation of easy approach, which slopes toward the north, south, east and west, and commands an extensive and charming view of mountain, hill and forest, embracing in its prospect Massachusetts' third tallest mountain, Wachusett, New Hampshire's grand old Monadnock,



PINE AND OAK GROVES.

which rises to a height of thirty-two hundred feet above the sea ; also the Peterborough mountains and the Uncanoonucs, as well as the nearer hills, fields and groves. This property is situated upon the border of a pine forest which stretches many miles to the north. It is very easy of access, being less than two miles from Nashua Junction, an important railroad center, communicating with Boston, but forty miles distant, and the large cities of the Merrimack valley by frequent express trains as well as by electrics, while Worcester at about the same distance as Boston is reached over another road.



Main Building of the Sanatorium.

The main building is a large, elegant, colonial house, appropriately and generously furnished. It has a sunny exposure with broad and extensive piazzas, wide halls and passageways. This building has



THE MAIN BUILDING.

fifteen rooms, spacious and cheerful. Upon the first floor are found the office, library and reading room, an extensive parlor, a cheerful dining room with conservatory annex, and minor rooms.

A large balcony opening out from the upper hall, with a beautiful view to the south and west is an attractive resting place. Besides baths upon the upper floors of the ordinary type, in the basement is a bathroom with modern arrangements for hydrotheaputics.



Additional Buildings.

Another building is in prospect, which will contain chiefly sleeping rooms with another large bath room. This building will conform to the architecture of the first, will have a broad piazza and balcony, will have nearly the same outlook, and will be united to it by a sun gallery. Our facilities also include a commodious and well-appointed farmhouse on the premises, which may also accommodate a number of patients, if for some reason any should require a more retired place. These buildings are well ventilated,

equipped with electric fans, heated by direct and indirect radiation, lighted throughout by electricity and supplied with call bells, local and long distance telephone.



THE HIGHLAND SPRING.

Highland Spring.

Although connected with the city water supply this Sanatorium depends exclusively upon the Highland Spring located upon the grounds and formerly known as the Danforth Spring, which has long had a local reputation, at least, and is an important feature of the Sanatorium affording as it does an extraordinary flow of most excellent and perfectly pure cold table water. In the dryest seasons this spring has proved to be thoroughly

trustworthy and will furnish an unlimited amount of water for drinking, cooking and bathing purposes, it being available both hot and cold upon each floor of the buildings. Near this spring and fed by it is a small pond full of young trout. It is the purpose of the management to enlarge this pond in the near future.

Table.

We furnish a liberal bill-of fare the food being of the very best quality, delicately and simply cooked. The table is supplied, so far as such products are requisite, by the SANATORIUM FARM. Fresh vegetables, pure milk and cream, butter and eggs, are supplied in abundance; fruit also in its season, from the tree and vine direct.



A CORNER IN THE DINING ROOM.

Amusements.

The diversion, comfort and recovery of the patient is the study of the management. To this end the beautiful oak and pine groves adjacent afford the delights of quiet rest and retirement, while near the main building are the golf links, lawn tennis and croquet grounds.

In addition to the usual indoor games, music, etc., patients whose condition will permit of it are able to avail themselves of such opportunities as are offered in the near by city, to attend church, enjoy the privileges of the Public Library, visit the theater, etc.

Carriages make frequent trips to and from town. Carriages for pleasure driving are furnished upon call.



RECEPTION ROOM.

Treatment.

In the treatment of the patients the medical management depend upon no inflexible system or exclusive theory but strive to provide for the requirements of each individual and base their efforts upon the control of all the surroundings, hygienic and medical, moral and suggestive.

The method adopted in each case is determined by the medical director in consultation with the resident physician. In conjunction with careful nursing such remedial agents are made use of as medical science and experience have proven valuable, in general, hydrotherapy—hot and cold baths, various douches and showers at suitable temperatures—hot air baths, local and general; electricity—static, galvanic, and faradic—in appropriate cases; massage and gymnastics under the direction of a masseuse of long experience, a pupil of a well-known specialist.



FRONT PIAZZA.

It is intended that every patient, without regard to the amount paid, shall have the full benefit of whatever treatment may be considered necessary, no special charge being made for any particular form, unless it is asked for merely as a luxury or unless it demands a considerably increased amount of attendance from nurses or others.

EXPENSE.

Our terms are moderate and must vary according to the nature of the case, room occupied, amount of service necessary and the character and extent of the treatment required, ranging from twenty-one to forty-nine dollars per week or more. These charges include such necessary expenses as room, medical attention, medicines, board, plain laundering, general carriage driving and the supervision of the nurses.

For further information, address

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DR. ALBERT C. THOMAS, Resident Physician and Secretary, Nashua, N. H.



SANATORIUM FARM.

